



PPL

PUSH PULL LEGS

Primary Goal:

Build Muscle

Equipment Required:

Barbell, Dumbbells, Machines

Level:

Intermediate to Advanced

Program Duration:

12 weeks

Days Per Week:

6 Days

Time Per Workout:

45-60 minutes



DAY 1 **PUSH**

Chest, Shoulders & Triceps

BENCH PRESS

Warm-up sets 3x5-10

WORKING WEIGHT SETS: 3

REPS: 4-6

OHP (DB/BB)

SETS: 4 REPS: 8-12

TRICEP PUSH

(Dips/Assisted Dip Machine)

SETS: 3 REPS: 8-12

INCLINE CHEST PRESS (DB/BB)

SETS: 3 REPS: 8-12

TRICEP OH EXTENSION

(DB/Rope/EZBar)

SETS: 3-4 REPS: 12-15

SEATED DB LATERAL RAISES

SETS: 3-4 REPS: 12-15

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DAY 2 **PULL**

Back, Traps & Biceps

DEADLIFT

Warm-up sets 3x5-10

WORKING WEIGHT SETS: 3

REPS: 4-6

CHIN-UPS

(Weighted or Assisted)

SETS: 4 REPS: 8-12

SEATED ROWS

(Machine)

SETS: 3 REPS: 8-12

SHRUGS (DB/BB)

SETS: 3 REPS: 8-12

STANDING BICEP CURL

(DB/Rope/EZBar)

SETS: 3-4 REPS: 10-15

STANDING REVERSE FLY

SETS: 3-4 REPS: 10-15



DAY 3 LEGS

Quads, Hamstrings, Calves

SQUAT (BB)

Warm-up sets 3x5-10

WORKING WEIGHT SETS: 3

REPS: 4-6

GOOD MORNINGS (DB/BB)

SETS: 4 REPS: 8-12

LEG PRESS

SETS: 3 REPS: 8-12

REVERSE HYPEREXTENSION

SETS: 3 REPS: 8-12

LEG CURL

SETS: 3-4 REPS: 12-15

CALF RAISE

SETS: 3-4 REPS: 12-15

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DAY 4 PUSH

Chest, Shoulders & Triceps

STANDING OHP

Warm-up sets 3x5-10

WORKING WEIGHT SETS: 3

REPS: 4-6

INCLINE BENCH PRESS (DB/BB)

SETS: 4 REPS: 6-10

CLOSE GRIP BENCH PRESS

SETS: 3 REPS: 8-12

SEATED MACHINE FLY

SETS: 3 REPS: 8-12

STANDING TRICEP PUSHDOWN (DB/Rope/EZBar)

SETS: 3-4 REPS: 2-15

STANDING LATERAL RAISE (Cable/DB)

SETS: 3-4 REPS: 12-15



DAY 5 PULL

Back, Traps & Biceps

CHIN UPS (Weighted or Assisted)

SETS: 4 REPS: 6-10

ROWS (BB/DB/Machine)

SETS: 3 REPS: 8-12

SHRUGS (DB/BB)

SETS: 3 REPS: 8-12

STANDING BICEP CURL (DB/Rope/EZBar)

SETS: 3-4 REPS: 5-8

STANDING REVERSE FLY

SETS: 3-4 REPS: 6-10

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DAY 6 LEGS

Quads, Hamstrings, Calves

FRONT SQUAT

Warm-up sets 3x5-10

WORKING WEIGHT SETS: 3

REPS: 4-6

SNATCH GRIP DEADLIFT (BB/TRAPBAR)

Warm-up sets 3x5-10

WORKING WEIGHT SETS: 3

REPS: 4-6

ROMANIAN DEADLIFT (BB/DB/KB)

SETS: 4 REPS: 8-12

HIP THRUSTS (BB/DB/Machine)

SETS: 3 REPS: 8-12

FORWARD LUNGE

SETS: 3 REPS: 8-12

SEATED LEG EXTENSIONS

SETS: 3-4 REPS: 12-15

HANGING LEG RAISES

SETS: 3-4 REPS: 12-15



PPL

WARM-UP SETS VERSUS WORKING-WEIGHT SETS:

Warm-up sets - choose a lighter weight than working weight sets. Start with an empty BB then work up to your working weight sets

REST BETWEEN SETS:

1-2 minutes but can be up to 3 minutes, especially for compound movements, and 1 minute for isolation movements.

FAILURE:

Aim to be close to failure at your *last set* of each exercise, NOT every set.

You can go to failure more often in the isolation exercises than the compound exercises too.

PROGRESSIONS:

WEEK ONE: Start off with a weight where you can complete the set and rep range. If you cannot complete the minimal set or rep range, then the working weight is too heavy.

EVERY WEEK: Aim to get in one more rep, or the extra set. When you reach the target sets/ reps, then increase the weight by a small amount (~2.5 kg / 5 lb) for your next workout.

EVERY 12 WEEKS: You can repeat the program, fine-tuning and refining form and technique.

It is recommended to take a de-load recovery week in between each new program, where weight is reduced by 30%.